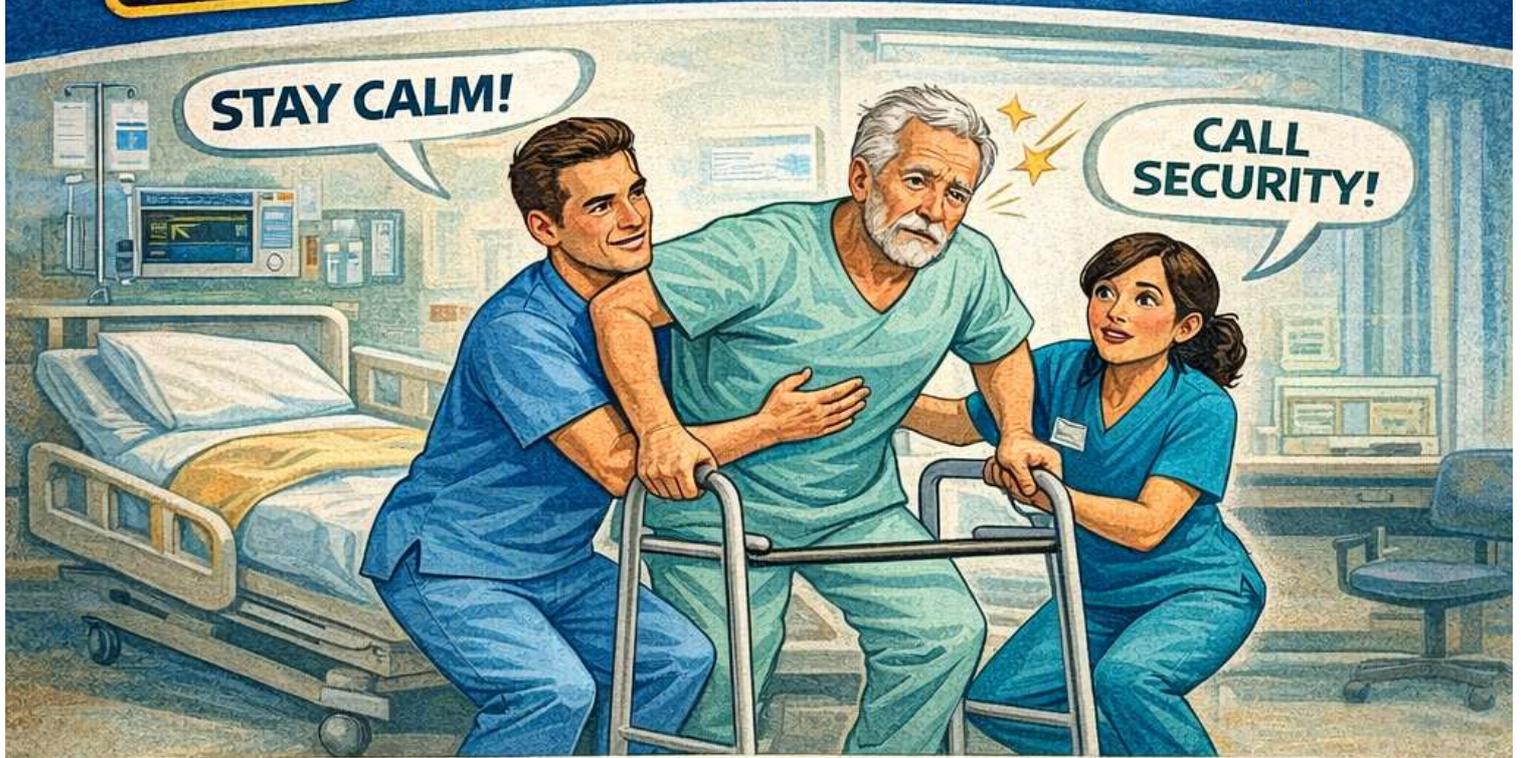




SAFE LIFTING & PATIENT HANDLING



6 TIPS FOR SAFE LIFTING

1 ASSESS THE SITUATION

Plan the lift and assess the patient's needs



3 SQUAT, DON'T BEND

Kneel or squat, using legs, not your back



5 HOLD PATIENT CLOSE

Keep patient close to your body



2 USE PROPER EQUIPMENT

Use transfer belts, slide sheets, lifts, etc.



4 WORK WITH A TEAM

Get help from a coworker if needed



6 COMMUNICATE

Talk to patient & team during the lift

STAY SAFE, LIFT SMART!